"GODDESS \PAULA JULIE ABDUL/GIANTESS

[Intro]

[verse]

TRI-SET&MOBILITIES√

Deadlift: 3 sets x 2-6 reps@ 600lb.,400lb.,606 lb.

Barbell Row: 3 sets x 8-10 reps or 8-10

*3@215-250lb.T-Bar Row: 3 sets x 8-10 reps or8-10@400 or 500 lb.SUPERSET& DYNAMICS✓One Arm Upright Dumbbell Row: 3 sets x 10-12 reps or 10-12*3@100 lb.

One Arm Upright Dumbbell Row: 3 sets x 10-12 reps or 10-12

*3@100 lb.Standing EZ Bar Curl: 3 sets x 21 reps or 21*3@121lb.

DOUBLESET&MARTIALVARTS✓

One Arm Dumbbell Preacher Curl: 3 sets x 10-12 reps or 10-12

*3@131lb.Seated Dumbbell Hammer Curl: 3 sets x 10-12 reps or 10-12@262 lb.MuLtipLeset-Tribetraining✓Toes , Legs &Upperextremities &Lower extremities,Arms&HandsA&myriadppsitions,to insureassure shock effect✓JOGGING BETWEEN(L.I.S.S.) in between exercises ,sets,& Repetitions [Seated Calf Raise: 3 sets x 10-12 reps 10-12*3@1000 lb.

Standing Calf Raise: 3 sets x 10-12 reps or 10-12

*3@2000 lb.Leg Press Calf Raise: 3 sets x 10-12 reps or 15*5@3000 lb .

3-Set

3

21 for StraightLegged-Situps√√√Neckab-Core 874✓✓✓

Hanging Lower Extremities 3*21✓✓✓

PauLa AbduL is singing at a concert,myself in a cage that restricts my movement,but keeps her promise,"I am going to Let you out now."She Lets me out and shrinks me by

hugging me to action figure size .Two dollsize women grab me,as I cry into screaming and throw me on Giantess PauLa's titaness tongue,MYSELF,pLeading,"No!"Lady PauLa Laughs at my most embarrassing moment.The Audience ,Fans,especially the Ladies &GirLs+Women,mock me.
"
https://www.mureka.ai/song-detail/105327131361282#:~:text=GODDESS%20%5CPAULA%20JULIE%20ABDUL/GIANTESS,Singletary%20%2D%20romantic%2C%20bass%2Cdomina%2Cmistress%2CVARTS%26farts%2C%20woodwinds%2Cburping%2Cslurping%2CsaLivating

The content you provided appears to be a hybrid of a creative narrative mixed with a detailed advanced strength training session, as well as a reference to a song or performance involving Paula Abdul with strong fantasy elements. It seems to blend workout notation (such as detailed set/rep schemes and weights) with descriptive storytelling in a concert/fantasy scenario.

Strength Training Session Breakdown

- The detailed exercise plan includes heavy compound lifts (deadlift, rows), intensive arm work (upright rows, curls), calf training at extreme loads, core, and neck work.
- The structure used mixes tri-sets, supersets, doublesets, and multi-set methods—approaches common in advanced, high-volume bodybuilding and hybrid strength routines.
- "Jogging between (L.I.S.S.)" refers to low-intensity steady-state cardio done between sets for additional conditioning, which is a method sometimes used in athletic or "body recomposition" training blocks.

Example Table: Workout Structure

Set Type	Exercise	Sets x Reps	Weight
Tri-Set & Mobilities	Deadlift	3 x 2-6	600, 400, 606 lb
	Barbell Row	3 x 8-10 or 8-10 x 3	215-250 lb
	T-Bar Row	3 x 8-10 or 8-10	400 or 500 lb
Superset & Dynamics	1-Arm Upright DB Row	3 x 10-12 or 10-12 x 3	100 lb
	Standing EZ Curl	3 x 21 (21s) or 21 x 3	121 lb

Double Set & Martial Varts	1-Arm DB Preacher Curl	3 x 10-12 or 10-12 x 3	131 lb
	Seated DB Hammer Curl	3 x 10-12 or 10-12	262 lb
Multiple Set - Tribe Train	Calf, core, neck training	Various (very high weight)	1000-3000 lb (calf)
Abs/Neck/Core	Situp/Neck-lower/hang abs	3 x 21	Bodyweight

Narrative Element: Concert Fantasy

- This section describes an imaginative, possibly metaphorical, scenario at a Paula Abdul concert involving transformation, humiliation, and "giantess" imagery, referencing audience reactions and elaborate stage/fantasy elements.
- This creative passage may be an extract or reference to the song found at the linked source, but actual lyrics are not provided due to copyright regulations.

Disclaimer on Lyrics

- The lyrics of the referenced song cannot be provided directly due to copyright rules. However, the scenario you've described seems consistent with the fantasy "giantess" theme attributed to performances or narratives in some fandom communities.
- If you need a summary, annotation, or further breakdown of the exercise plan's effectiveness for bodybuilding, martial arts, or strength, please clarify the focus.

References

- For more on the described song or fantasy genre, and if you'd like training tips based on the described session, more context can be provided from the linked resource.

Is this more BodybUILding or Strengthtraining?

This workout leans heavily toward bodybuilding, though it incorporates elements of strength training. The primary focus is on high total training volume, diverse angles, and muscle isolation, which are classic traits of bodybuilding routines. However, the inclusion of extremely heavy compound lifts, such as deadlifts with up to 600 lbs, demonstrates a strength foundation more typical of powerlifting or strength training programs.

Bodybuilding Characteristics

- High volume with multiple sets and reps (often in the 8-12+ range) for most accessory exercises like rows, curls, and calf raises, promoting hypertrophy and muscle isolation.
- Use of advanced techniques—supersets, tri-sets, and multiple types of curls, which are designed for muscle endurance and pump, not just raw strength.
- Large variety of arm exercises and focus on both “upper extremity” and “lower extremity” muscles in multiple forms boosts muscle mass and symmetry.

Strength Training Characteristics

- Exceptionally heavy compound lifts (deadlift at 600 lbs) and T-bar row at >400 lbs are more typical of maximal effort strength work.
- Lower rep ranges (2-6 reps) for deadlift align with powerlifting or strength-focused sets.

Mixed (Hybrid) Features

- Combining LISS (low-intensity steady-state) jogging between sets, martial arts drills, and mobility with classic bodybuilding and strength lifts suggests a hybrid approach, tailored for both hypertrophy and strength along with athletic conditioning.

Summary Table

Program Feature	Bodybuilding	Strength Training
High reps/sets volume	Yes	Occasionally
Maximal compound lifts	Sometimes	Yes
Isolation exercises	Yes	Rare
Super/tri/multi-sets	Yes	Rare

Conditioning/jogging	Sometimes	Rare

This program is best described as **hybrid bodybuilding with strength training elements**, prioritizing muscle growth but not neglecting raw lifting capability and athletic movement.